



UNITED KINGDOM

Taiho Jutsu

Ne Waza No Kata –

Koshukei Wa Hoji Shimasu

(Strangle Holds)

Section R(amended copy)

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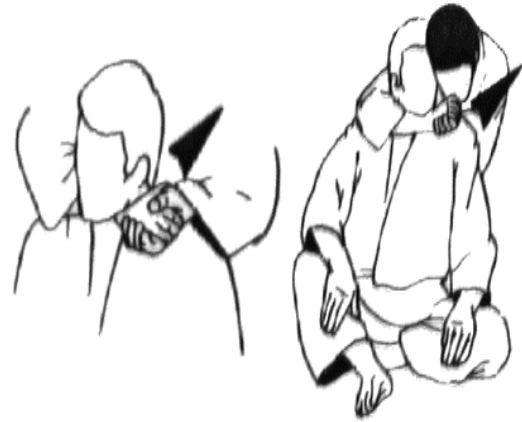
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UNITED KINGDOM
TAIHO JUTSU
ASSOCIATION



Hadaka - Jime (Rear Naked Choke)

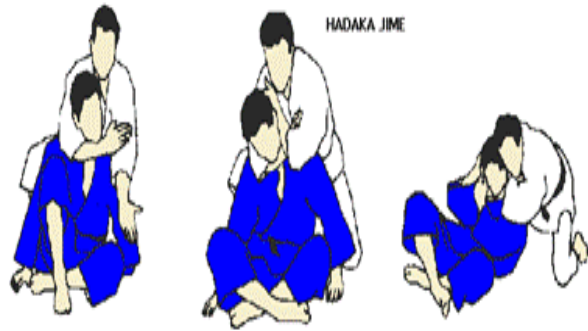
Variation 1

- From behind your opponent, put your right inner forearm across the front of your opponent's neck, palm down, and clasp your hands above his left shoulder.
- Strangle them by applying pressure across the front of their throat using the combined action of both arms without gripping their judogi in any way.

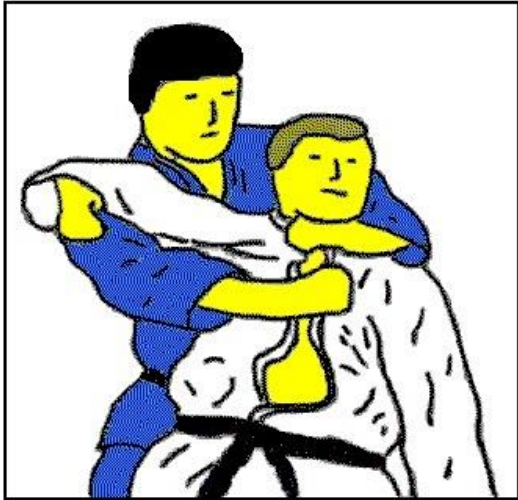
Hadaka - Jime (Rear Naked Choke)

Variation 2

- Approach your opponent from behind, put your right inner forearm across the front of your opponent's neck, place your hand palm down just below your shoulder.
- Bend your left arm so that your left hand is around the back of your opponent's head, place left hand palm down just below your shoulder, (like a figure of 8).
- Now, squeeze your arms together, applying pressure in both direction. If your arms are too big to apply strangle, revert to variation 1.

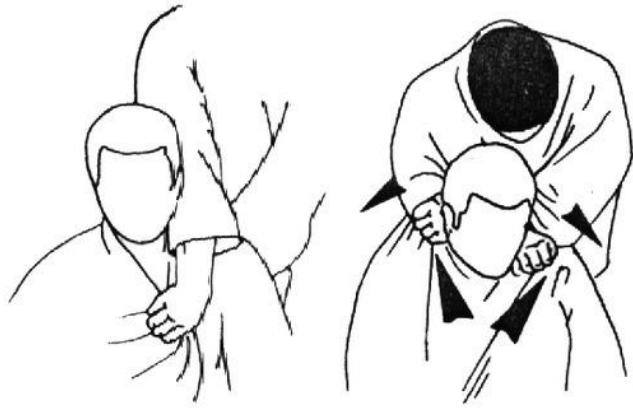


Okuri - eri – Jime (Sliding Lapel Choke)

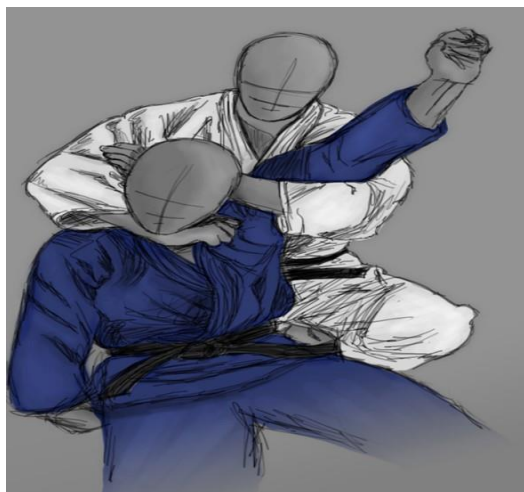


- Approach your opponent from behind, reach under their left armpit to grip their left lapel with your left hand.
- Place your right hand around their neck to grip their upper left lapel.
- Then change your left hand to grip their right lapel and use both hands to apply pressure by pulling the two lapels in a outward direction to their neck to strangle them.

Sodeguruma – Jime (Sleeve Wheel Choke)

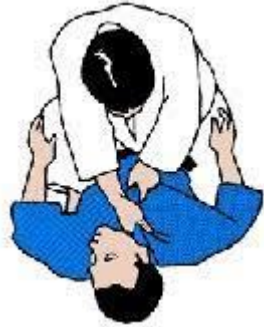


- From behind your opponent, place your right forearm against their throat at the same time grasping their right lapel.
- Place your left forearm against the back of their neck, grasp your own right sleeve.
- Rotate both knuckles inwards, pulling your wrists back towards you
- Force both elbows in a outwards direction.
- Continuing to rotate your wrists inwards towards their neck.
- Apply pressure to strangle them.



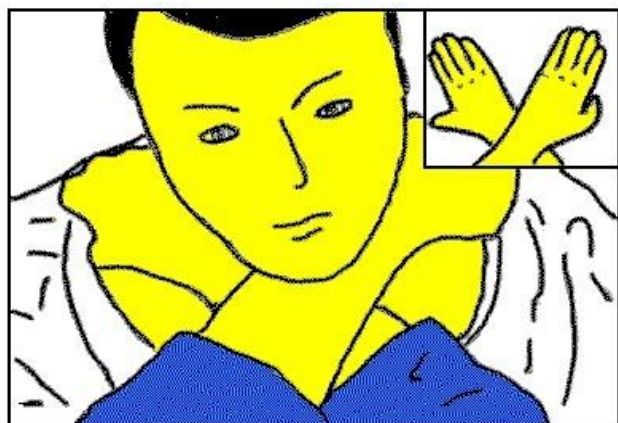
Kataha – Jime (Single Wing Strangle)

- Approach your opponent from behind. Take hold of their left lapel with your left hand.
- Reach your right arm around their neck to grip their left lapel, as tight to their throat as you can.
- Slip your left hand under their left armpit by their lower forearm / wrist. In a circular motion rotate this arm around to the back of their neck, so that the back of your left hand is against the right hand side of their head.
- Apply pressure in a horizontal slicing movement by pulling with your right hand and pushing with your left hand. to strangle them.



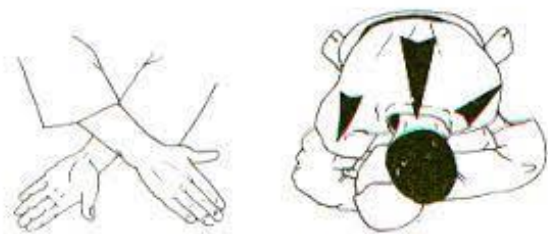
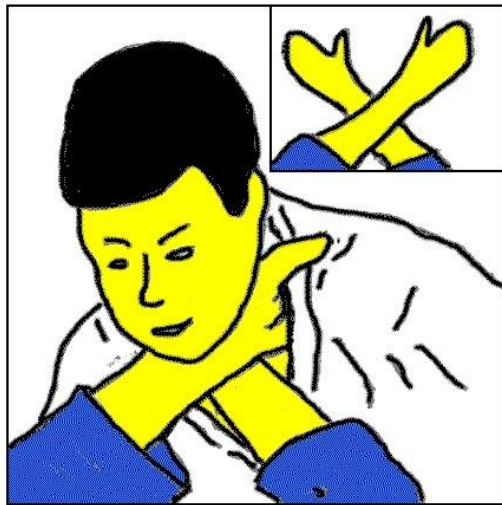
Katate – Jime (Single Hand Strangle)

- From your opponent's right side, hold them down on their back and grasp their left collar with your left hand, thumb inside,
- Use the edge of your forearm to strangle them by applying pressure down wards onto their throat.



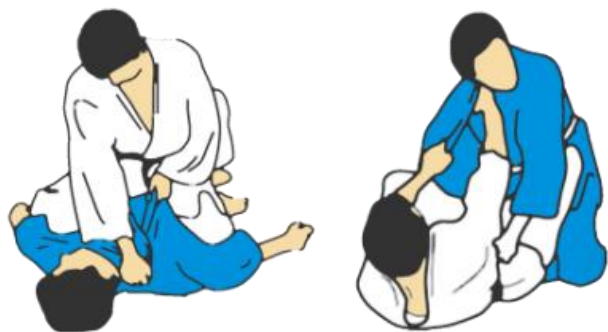
Nami Juji Jime (Normal Cross Choke)

- Facing your opponent, grip their collar with your crossed hands, so that your palms are down, (thumbs inside)
- Apply pressure to both sides of their neck with the outer edges of both hands by turning your knuckles in an inward direction.



Gyaku - Juji – Jime (Reverse Cross Choke)

- Facing your opponent ,Cross your hands, slip your fingers inside the lapels of their jacket on both sides, palms up,(thumbs out).
- Apply pressure to both sides of their neck by forcing your elbows outward
- Lower your body weight by placing your head to the outside of theirs.



Tsukkomi – Jime (Thrust Choke)

- Facing your opponent by straddling your opponent in a kneeling position.
- Grip the right side of their jacket and pull towards you with your left hand.
- Grip their left collar with your right hand and thrust the edge of your right hand against the right side of their neck to strangle them.

Ryote – Jime (Both Hands Choke)



- Facing your opponent, grip their right collar with your left hand and their left collar with your right hand, both thumbs inside.
- By applying pressure to both sides of their neck with the blade sides of your both fists, bringing your elbows towards you strangle them.